

Hummus

Serves 10, ¼ cup per serving

Ingredients

- 1 clove garlic
- 1 large lemon
- 1 (15½-ounce) can garbanzo beans
- ½ cup warm water
- 2 Tablespoons low-fat plain yogurt
- 2 Tablespoons canola oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

Optional Ingredients

- 1 fresh red pepper, or 3 roasted red peppers from a jar
- Pinch ground cumin, ground cayenne pepper, or red pepper flakes



Directions

1. Peel and chop garlic. If using fresh red pepper, rinse, remove core and seeds, and mince now. Or, mince jarred roasted peppers.
2. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
3. In a colander, drain and rinse beans.
4. Add garlic, lemon juice, beans, and remaining ingredients to blender. If using optional spices, add now. Blend until creamy and well-mixed.
5. If using, top hummus with minced red pepper.

Nutrition Facts

Serving Size ¼ cup
Servings Per Container 10

Amount Per Serving	
Calories 60	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	4%

*Percent Daily Values are based on a 2,000 calorie diet.



Chef's Notes - Make it Quick!

- Serve hummus with sliced whole wheat pita bread. Or, serve as a dip for cut-up fresh vegetables like cucumber, carrots, or broccoli.
- Make a tasty sandwich. Stuff a pita pocket with cut-up fresh veggies and hummus.
- If mixture seems too dry when blending, add more water or lemon juice 1 teaspoon at a time. Blend until smooth and creamy.
- For a different flavor, try using tahini or peanut butter instead of yogurt. Tahini is sold in jars and may be found in the ethnic foods section of your store.
- If you do not have a blender, use a potato masher to blend ingredients.
- Substitute 2 Tablespoons of olive oil for canola oil if available.